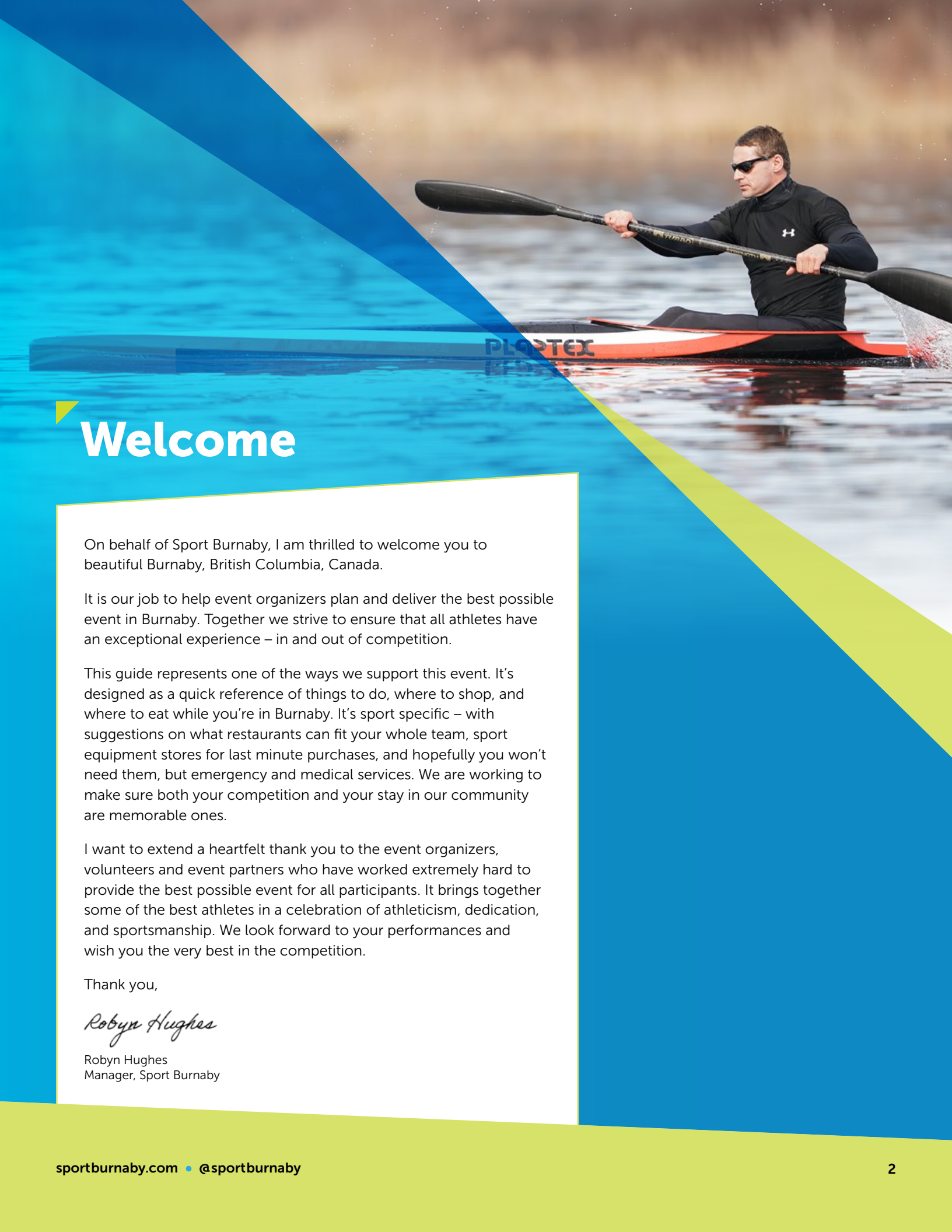


HERE TO PLAY





Welcome

On behalf of Sport Burnaby, I am thrilled to welcome you to beautiful Burnaby, British Columbia, Canada.

It is our job to help event organizers plan and deliver the best possible event in Burnaby. Together we strive to ensure that all athletes have an exceptional experience – in and out of competition.

This guide represents one of the ways we support this event. It's designed as a quick reference of things to do, where to shop, and where to eat while you're in Burnaby. It's sport specific – with suggestions on what restaurants can fit your whole team, sport equipment stores for last minute purchases, and hopefully you won't need them, but emergency and medical services. We are working to make sure both your competition and your stay in our community are memorable ones.

I want to extend a heartfelt thank you to the event organizers, volunteers and event partners who have worked extremely hard to provide the best possible event for all participants. It brings together some of the best athletes in a celebration of athleticism, dedication, and sportsmanship. We look forward to your performances and wish you the very best in the competition.

Thank you,

Robyn Hughes

Robyn Hughes
Manager, Sport Burnaby

About Burnaby



Nestled in the heart of Metro Vancouver, lies the growing, multicultural urban centre of Burnaby. Burnaby is British Columbia's third largest city with a population of 230,000 residents hailing from 80 different cultural backgrounds, speaking more than 100 different languages. This international flavour weaves itself through Burnaby's shopping, restaurants, cultural centres, festivals and neighbourhoods.

Burnaby's natural beauty and central location is a winning combination.

With 200 parks, Burnaby is known as a green city. One quarter of the city is lush green park space — the highest percentage for any North American city. These parks house extensive walking, hiking and biking trails, and remarkable natural attractions such as Burnaby Lake, Burnaby Mountain Conservation Area and Deer Lake Park.

About Vancouver

METRO VANCOUVER

Burnaby is centrally located in British Columbia's Metro Vancouver region. The region is comprised of 12 distinct communities, including Vancouver, Richmond and West Vancouver, and totals 2.5 million residents. Together, the communities comprise one of the world's most cosmopolitan and dynamic cities.




Packed with breathtaking mountains, oceans, lakes, rivers and beaches – the region is renowned for its incomparable natural beauty. The North Shore Mountains rise 5,000 feet from the Pacific Ocean creating an unparalleled, snow-capped backdrop. This provides the venue for a vast array of outdoor activities such as cycling, hiking, kayaking, golfing, skiing and snowboarding. Mountains and oceans create the backdrop for some of the region's most notable attractions such as Stanley Park, Granville Island, Grouse Mountain and the Capilano Suspension Bridge.

Gorgeous vistas, striking waterfront communities, phenomenal cuisine and world class attractions – Metro Vancouver really does have it all.



Things to do in Burnaby

There's something for everyone in Burnaby.


From outdoor adventures, breweries, museums, festivals and sweet treats, use the Burnaby Experience Guide  to easily plan your out of competition activities – for whatever you're in the mood for.

Get Outside

PARKS

Burnaby's ratio of parkland to residents is one of the highest in North America. 25% of Burnaby's land is designated as parks, open space, and the city boasts over 200 parks!

Some of our favourite parks:

-  Deer Lake Park
-  Burnaby Mountain Conservation Area
-  Central Park
-  Confederation Park

GOLF


Golf fans are in luck – because Burnaby has two beautiful public golf courses, and even a couple of fun little pitch-and-putt courses if you're just looking to satisfy your fix for a couple of hours.

HIKING & BIKING

With over 230 kilometres of paths and trails, Burnaby offers hiking splendor to people of every skill and fitness level.

Burnaby is a great city for bike travel. Bike routes connect Burnaby from north to south, east to west and to neighbouring cities on all sides.

Local recommendation:


Burnaby Mountain: Rich in natural beauty, it also provides options for a vigorous hike, a leisurely stroll or a heart-pumping bike ride. It boasts a network of 26 multi-use trails covering 28 kilometres within the Burnaby Mountain Conservation Area. 

KAYAK, CANOEING & BOATING

Whatever your favourite water pastime – kayaking, canoeing, boating, waterskiing, diving, jet-skiing or fishing – grab your wetsuit and life jacket and enjoy.

Things to do in Burnaby

FAMILY FRIENDLY ACTIVITIES

Burnaby is home to a wide variety of arts and culture,  and family-friendly entertainment. From astounding live performances to local and international exhibits, to a historic site, there is always something new to experience.

Local recommendation:


Burnaby Village Museum

Take a trip back in time to the 1920's at one of Burnaby's favourite themed attractions and museums, it's perfect for the whole family! Walk through the village and meet the costumed townsfolk, visit the old homes, businesses like the Blacksmith, and shops like the General Store, and don't forget to take a ride on the Carousel and make a pitstop at the Ice Cream Parlour!

Burnaby Central Railway

Sightsee in style. Hop on board a classic model steam train and take a tour of one of the biggest and best parks in Burnaby. Regardless of whether you're eight or 80, everyone enjoys a whistling ride on a classis model train, right? (The train operates on weekends during the summer months.)


 REVS Bowling


 Cineplex Cinemas Metropolis


SHOPPING


We're home to BC's largest mall, Metropolis at Metrotown. And that's just the beginning.

The top shopping destination in BC, Burnaby has a shop for everyone. Big and small, from high end to homemade, Burnaby is a shoppers paradise. Boasting five unique shopping districts and the biggest mall in BC, there's a store for every want or need.

 Metropolis at Metrotown
Largest shopping centre in BC


 City of Lougheed

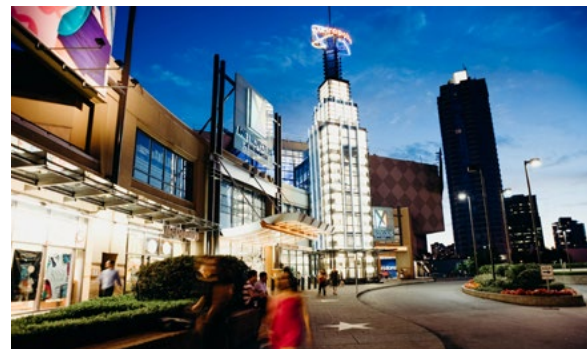
 The Heights

 The Amazing Brentwood

 Crystal Mall

Not sure where to start?

Whether you are planning to explore Burnaby between games, or if you have more time to explore, we have a variety of curated trip itineraries for you to check out. 




Things to do Beyond Burnaby

Have you met our neighbour, Vancouver?

Downtown Vancouver is only 15-minutes away and is a great place to play tourist while you're in town.

Our Top Picks

CAPILANO SUSPENSION BRIDGE

Breathtakingly suspended 230 feet above and 450 feet across Capilano River, Capilano Suspension Bridge takes you to towering evergreens, serene trails and the award-winning attraction, **Treetops Adventure**.  This walk takes you high above the forest floor for a thrilling encounter with the very heart of the forest.

A guided nature walk reveals the mysteries of the forest and stunning views of the canyon. First Nations legends are woven, beaded, carved and shared with guests at the Big House Cultural Center. Beautiful gardens skirt colourful totem poles. Voices from the past at the Story Centre mingle with the sounds of nature and live seasonal entertainment. Fabulous Canadian shopping and cuisine round out this one-of-a-kind West Coast experience. Open year-round and only minutes from Burnaby.

SCIENCE WORLD

Just 15 minutes away from Burnaby by SkyTrain, there's a whole world of wonder waiting for you at Science World, including popular, hands-on, interactive displays and spectacular OMNIMAX films on one of the world's largest dome screens. Don't miss exciting new feature exhibits, awesome shows in the Science Theatre, special events, the unique gift shop.



Things to do Beyond Burnaby

VANCOUVER AQUARIUM IN STANLEY PARK

Vancouver Aquarium, located in world famous Stanley Park, is one of North America's premier marine life centres. With over 70,000 animals and over 30 unique exhibits ranging from the Tropics to the Arctic, a full-sensory experience awaits you. You'll see the mesmerizing jellyfish and say hi to the adorable sea otters, as well as the free-roaming animals found in the popular Amazon gallery. You'll also visit the Treasures of the BC Coast gallery to discover the unique and breath-taking animals that live in BC's local waters, including the Pacific octopus. The Vancouver Aquarium is one of the world's favourite aquariums – you'll have a whale of a time.



GROUSE MOUNTAIN

Grouse Mountain is Vancouver's most visited attraction. Panoramic views of the city, oceans and mountains unfold as the Skyride, North America's largest aerial tram system, whisks visitors to the mountaintop, 3,700' above the city.

Experience year-round activities including, a Refuge for Endangered Wildlife, where two orphaned grizzly bear cubs and three timber wolves play in a protected and secure sanctuary. In summer, enjoy entertaining lumberjack shows, hiking trails, guided eco walks, ziplines, paragliding, falconry demonstrations, scenic chairlift rides, and helicopter tours. Grouse Mountain's winter activities include some of the finest in local skiing and snowboarding, as well as snowshoeing and ice-skating.

Grouse Mountain is only 15 minutes from Burnaby.





Helpful Resources

Restaurants

TASTE WHAT THE WORLD HAS TO OFFER

Burnaby is one of the most culturally diverse cities in Metro Vancouver — and that’s saying something! So it’s only natural that you’ll find some of the finest samples of local and international cuisine in Western Canada right here — with something to suit every taste and budget.

[Browse all local restaurants to satisfy your cravings.](#)

From Italian to Greek to Vietnamese and virtually every type of fare in between, you can bet that every dish is as authentic as it gets.

Team-friendly restaurants include:

- [Boston Pizza](#)
- [Cactus Club Cafe](#)
- [Earls Kitchen & Bar](#)
- [Grand Dynasty Seafood Restaurant](#)
- [Me-n-Ed’s Pizza Parlors](#)
- [White Spot](#)
- [Swiss Chalet](#)
- [Anton’s Pasta Bar](#)

Our favourite sweet treat:

- [Soft Peaks Ice Cream](#)
We recommend the Rocky Mountain!

LIQUOR STORES AND BREWERIES (19+)

Liquor in BC is sold through a variety of private and government-owned liquor stores. For a list of locations please visit [BC Liquor Stores](#).

Local Breweries

Studio Brewery

Brand new to Burnaby’s craft beer scene, Studio Brewing offers a different experience each time you visit. Borrowing influences from France and Belgium, Studio Brewing prides itself on having a creative and experimental lineup.

Steamworks Brewery and Taproom

Steamworks is one of the original breweries in BC’s craft brewing scene, and to this day, they make delicious steam brewed beer. Don’t forget to BYOG — bring your own grub.

Dageraad Brewing Company

Do not let the industrial park this brewery is in fool you — if you are looking for consistently good beer that reminds you of a European vacation, Dageraad will not disappoint. Named 2018 Brewery of the Year by Canadian Brewing Awards, Dageraad produces Belgium-style beer with a local punch.




Helpful Resources

Sports






HOSPITAL & WALK-IN CLINICS

Need medical services?

For all emergencies, please call 911 or head straight to the ER in Burnaby Hospital  3935 Kincaid Street, Burnaby, BC

Minor injuries?

For minor injuries, Burnaby has many walk-in clinics. Here is a small selection:

-  Burnaby Hospital **604-434-4211**
-  Old Orchard Medical Clinic **604-431-6586**
-  Dawson Medical Clinic **604-564-8555**
-  Brentwood Medical Clinic **604-294-8540**
-  PrimeCare Medical Clinic **604-519-3767**

SPORT STORES

Forgot equipment?

Forget your stick or shinpads? Or maybe you're looking for some new gear? Burnaby has a wide variety of sport stores for you.

-  Sport Chek
-  Scoff's Hockey Shop
-  Canadian Tire
-  Soccer X
Canada's largest soccer store

GROCERY STORES

Local brands include Save-On-Foods, PriceSmart, Real Canadian Superstore, Whole Foods Market and Costco.

Helpful Resources


Transportation

In Burnaby, you can easily get from here to there, to way over there.



CAR

Centrally located in Metro Vancouver, Burnaby is easily accessible via most major highways and roadways, including Trans-Canada Hwy/BC-1 E, Lougheed Highway (BC-7), Barnet Highway, West Hastings Street, East 1st Avenue, and Marine Drive (Vancouver). Driving by car will allow you to enjoy the natural beauty of Metro Vancouver and the Province of British Columbia.


PLANE

Vancouver International Airport (YVR)  welcomes over 19+ million people annually, and is a quick 25 minutes from Burnaby by car or taxi, and is easily reachable by transit. While the Vancouver International Airport is the most popular airport and closest to Burnaby, there are other regional airports in the area.

FERRY

If you're coming from Vancouver Island, Burnaby is roughly 45 minutes from **Tsawwassen Ferry Terminal**  by car via BC-17 and BC-1A W/BC-99A N, and roughly 30 minutes by car from **Horseshoe Bay Ferry Terminal**  via Trans-Canada Hwy/BC-1 E. Enjoying a ferry ride from Vancouver Island, with fresh air and beautiful scenery is just the perfect way to arrive at Burnaby, BC.

PUBLIC TRANSPORTATION

With 11 Skytrain stations in Burnaby and many more bus stops, public transit is a convenient choice for moving around the city and beyond. To ride transit, you will need to purchase a daily, monthly, or one-trip pass. Visit **Translink**  for fares, a trip planner, and more.

RENTAL VEHICLES AND TAXIS

If public transportation is not an option, visitors can always use a rental car or hire a taxi. With options such as Avis Car Rental, Enterprise Rent-A-Car and Hertz, you can take your travels beyond Burnaby – exploring the nearby mountains or attractions. If you prefer taking a taxi, Burnaby has many companies to choose from, including Bonny's Taxi and Capitol Hill Taxi.

BIKE

Burnaby is a great city for bike travel. Bike routes connect Burnaby from north to south, east to west and to neighbouring communities on all sides. Our leisure trails and scenic paths are worth a visit too!

Use the City Map to plan your route. 




LEGEND

- PARK
- BURNABY SPORT PARK
- DEER LAKE PARK
- HOTEL
- BIKE PATH
- SKYTRAIN ROUTE
- FREEWAY
- HIGHWAY
- INFO CENTER

- | | |
|---|---|
| <p>BURNABY SPORT PARK</p> <ul style="list-style-type: none"> 1 BURNABY LAKE SPORTS COMPLEX 2 CHRISTINE SINCLAIR COMMUNITY CENTRE 3 BILL COPELAND SPORT CENTRE 4 BURNABY 8 RINKS 5 BURNABY LAKE RUGBY CLUB 6 BURNABY TENNIS CLUB 7 BURNABY LAKE ROWING PAVILLION | <p>DEER LAKE PARK</p> <ul style="list-style-type: none"> 8 BURNABY ART GALLERY 9 SHADBOLT CENTRE FOR THE ARTS 10 BURNABY VILLAGE MUSEUM |
|---|---|

- PLACES TO STAY IN BURNABY**
- | | | |
|--|---|--|
| <ul style="list-style-type: none"> 1 HILTON VANCOUVER METROTOWN
6083 McKay Ave 604.438.1200 2 ELEMENT VANCOUVER METROTOWN
5988 Willingdon Ave 604.568.3696 3 DELTA BURNABY HOTEL & GRAND VILLA CASINO
4331 Dominion St 604.453.0750 4 HOLIDAY INN EXPRESS METROTOWN
4405 Central Blvd 604.438.1881 | <ul style="list-style-type: none"> 5 EXECUTIVE SUITES HOTEL METRO VANCOUVER
4201 Lougheed Hwy 604.298.2010 6 ACCENT INNS BURNABY
3777 Henning Dr 604.473.5000 7 BEST WESTERN PLUS KINGS INN AND CONFERENCE CENTRE
5411 Kingsway 604.438.1383 8 SIMON FRASER UNIVERSITY CAMPUS ACCOMMODATION
8888 University Dr 778.782.4503 | <ul style="list-style-type: none"> 9 THE NEW 401 MOTOR INN
2950 Boundary Rd 604.438.3451 10 HAPPY DAY INN
7330 6th St 604.239.0341 |
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There's something for everyone in Burnaby.
Explore more of Burnaby. 

Don't forget to tag us on your adventure!



Created by



SportBurnaby.com
TourismBurnaby.com